

KEEP ON GOING

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Count: 48

Wall: 4

Level: intermediate social cha

Choreographer: Bruce Milner

Music: If You're Going Through Hell by Rodney Atkins

TOE, HEEL, CROSS SHUFFLE, TOE, HEEL, CROSS SHUFFLE

- 1 Toe touch left in front of right
- 2 Heel touch left in front of right
- 3&4 Left over right shuffle (left-right-left) to right side
- 5 Toe touch right in front of left
- 6 Heel touch right in front of left
- 7&8 Right over left shuffle (right-left-right) to left side

CROSS ROCK, RECOVER, SHUFFLE TURN, STEP, PIVOT TURN, SHUFFLE TURN

- 1 Rock step left over right
- 2 Recover right
- 3&4 Shuffle (left-right-left) turning $\frac{1}{4}$ left
- 5 Step forward right
- 6 Pivot $\frac{1}{2}$ turn left
- 7&8 Shuffle (right-left-right) turning $\frac{1}{4}$ right

SKATE STEP, TOUCH, SKATE STEP, TOUCH, SKATE STEP, TOUCH, SKATE STEP, TOUCH

- 1-2 Skate forward left, touch right toe behind left
- 3-4 Skate forward right, touch left toe behind right
- 5-6 Skate forward left, touch right toe behind left
- 7-8 Skate forward right, touch left toe beside right

WALK, WALK, WALK, KICK, WALK BACK, WALK BACK, COASTER STEP

- 1-4 Step forward left, step forward right, step forward left, kick forward right
- 5-6 Step back right, step back left
- 7&8 Step back right, step left beside right, step forward right (coaster step)

CROSS ROCK, RECOVER, SHUFFLE TURN, STEP, PIVOT TURN, SHUFFLE TURN

- 1 Rock step left over right
- 2 Recover right
- 3&4 Shuffle (left-right-left) turning $\frac{1}{2}$ left
- 5 Step forward right
- 6 Pivot $\frac{1}{2}$ turn left
- 7&8 Shuffle (right-left-right) turning $\frac{1}{4}$ right

WALK, WALK, WALK, KICK, WALK BACK, WALK BACK, COASTER STEP

- 1-4 Step forward left, step forward right, step forward left, kick forward right
- 5-6 Step back right, step back left
- 7&8 Step back right, step left beside right, step forward right (coaster step)

REPEAT